

***Eat Smart. Play Hard.™***  
***in South Dakota***

**Fifth Grade Level**  
**TABLE OF CONTENTS**

**Theme: Power Up With Breakfast**

<b>Breakfast Power .....</b>	<b>1</b>
Breakfast Record.....	8
Parent Letter .....	9
Food Guide Pyramid.....	10
Breakfast Power .....	11
Breakfast Foods .....	21
Power Up Bingo.....	23
Juicy Problems.....	24
Cereal for Breakfast.....	26
Cereal Questions .....	28
Blueberry Muffins .....	30
“Berry” Good Muffins .....	32
An “Egg-citing” Breakfast.....	33
Comparing the Records.....	35
Parent Survey .....	36

**Theme: Balance Your Day With Food and Play**

<b>It All “Ads” Up.....</b>	<b>37</b>
Parent Letter.....	45
Food Guide Pyramid.....	46
It All “Ads” Up .....	47
It’s a Fact .....	54
Find the Ad .....	55
Advertising Target .....	56
It’s on the Box.....	57
Design a Box.....	58
Label Information .....	59
Consumer Cost Reporting.....	60
Nutrition Reporting.....	61
Parent Survey .....	62